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EIGHTH ANNUAL REPORT
OF THE
BATH DEPARTMENT



FOR THE YEAR 1905-1906

21
No. 6354.70

1905-1906



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FOR THE YEAR 1905-1906



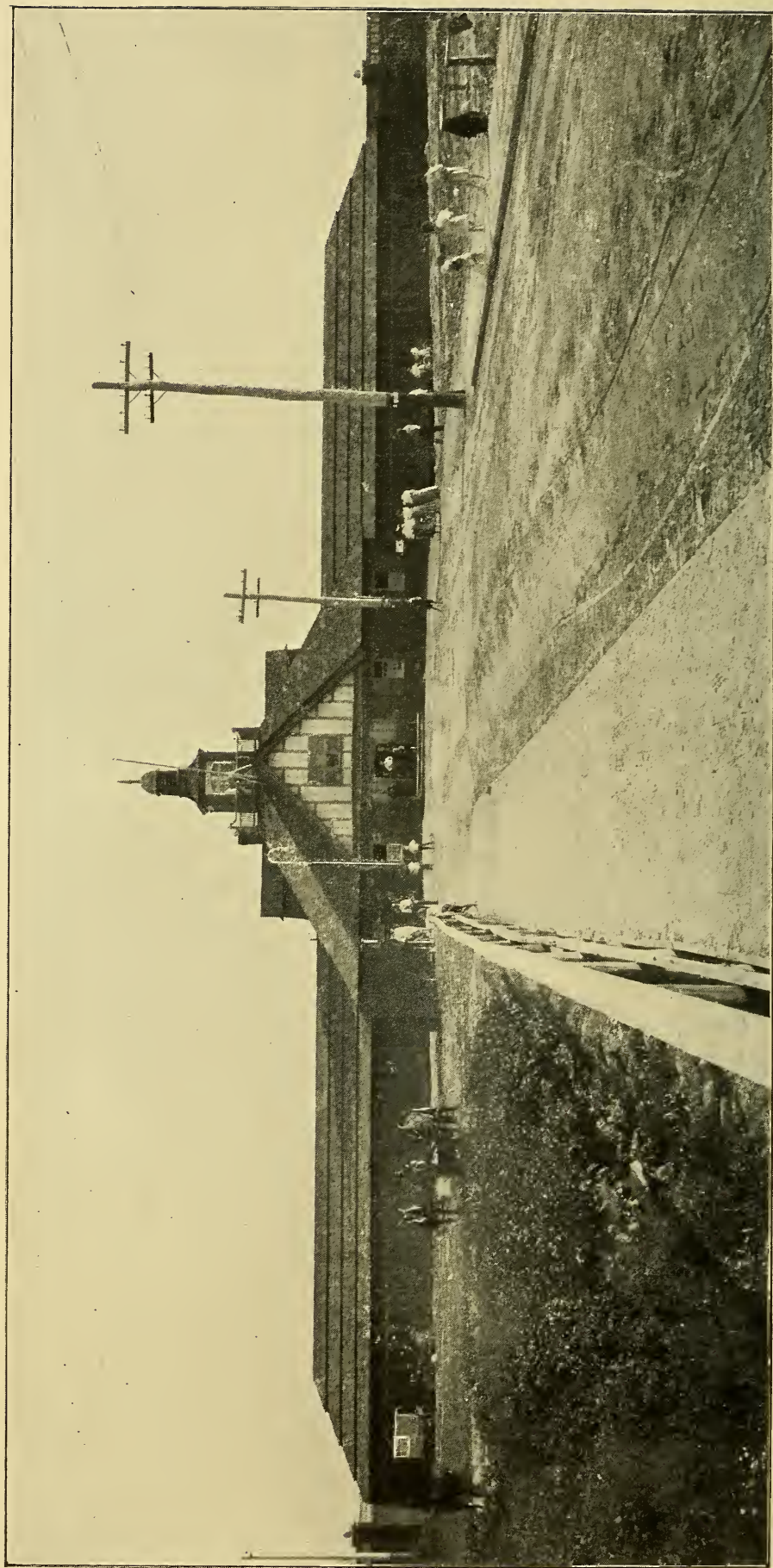
BOSTON
MUNICIPAL PRINTING OFFICE
1906

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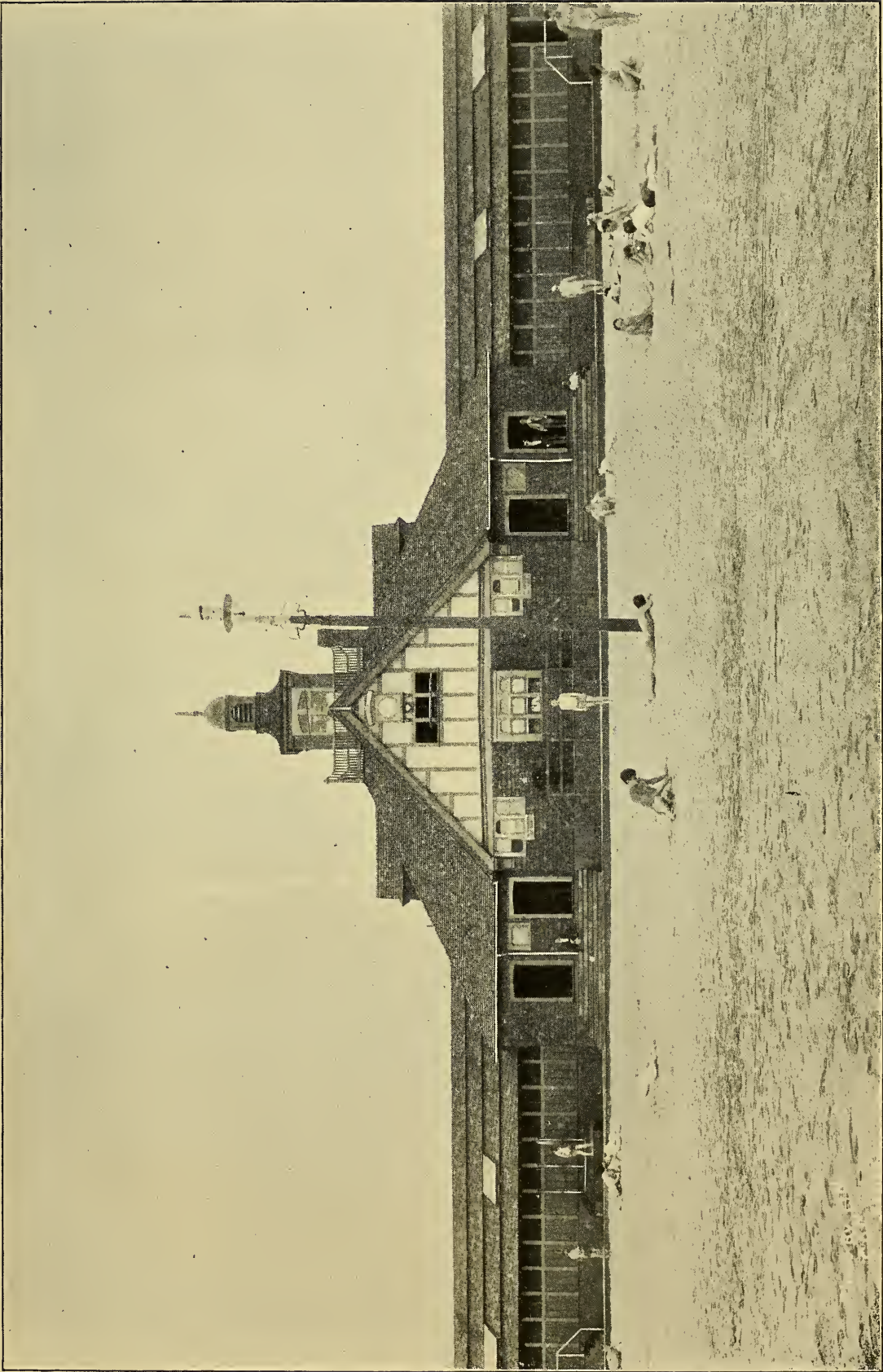
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Cont.

Boston Department of Parks
Dec. 5 1906.



L STREET BEACH, MEN'S HOUSE. (VIEW FROM STREET.)



L STREET BEACH, MEN'S HOUSE. (BEACH VIEW.)

64 PEMBERTON SQUARE,
BOSTON, June 24, 1906.

HON. JOHN F. FITZGERALD,

Mayor of the City of Boston:

SIR, — The Trustees in charge of the Bath Department submit herewith the eighth annual report of its work:

The chief event of the past year in the development of the work of the department has been the opening of the Cabot-street bath-house and gymnasium, which is the most complete institution of the kind in the city. The usual amount of general construction and repair work has been carried on. The floating bath-houses have undergone a thorough overhauling at the East Boston wharf during the winter, and are all in good condition. At the L-street, the North End and Wood Island beaches the buildings have all been painted and put in thorough repair.

The high record of attendance at all baths and gymnasiums has been kept up. At the new gymnasium on Columbia road the demand upon its facilities at once became far greater than could be met. At Cabot street the gymnasium is already largely used, and the number of persons using the shower baths is steadily on the increase. These two new centres thus represent a very considerable addition to the service rendered by the department to the people of the city.

FLOATING BATH-HOUSES.

The floating baths continue to be much sought, particularly by children and young people. They are located at points where they serve some of the most congested districts in the city. At three points there are separate bath-houses for men and women. In the other cases the hours are divided between the sexes. At all the floating baths as well as at the beaches there is systematic instruction in swimming.

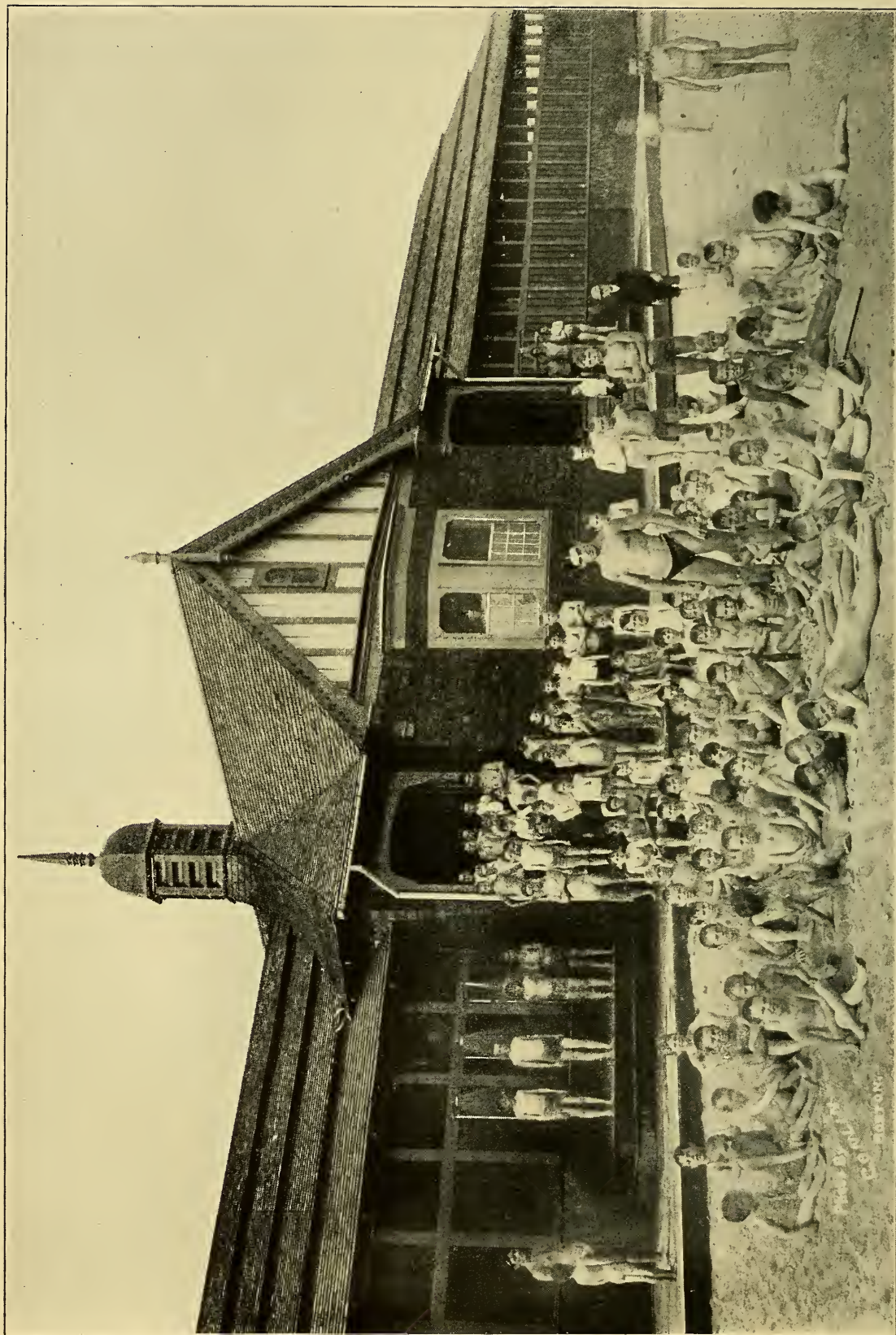
The floating bath in East Boston which was formerly moored near the Atlantic works has this year been transferred to New street; otherwise, all the floating baths remain at the same locations as in past years.

BEACHES.

The work of the Bath Department is best known throughout the city on account of the three great beach baths which are under its care. First in importance among these is the L-street Beach, extending for one thousand feet and including separate divisions for men, for women and girls, and for boys. This beach is exceedingly popular among all classes of people from all parts of the city. The other two beaches are largely used, particularly the North End Beach, but their service is pretty closely confined to the districts in which they are located. The North End and East Boston Beaches have been newly sanded during the past year. The effort of the Commissioners to make the beaches fill a large use as pleasure resorts during the heated term has been well rewarded. The children's playground at the North End and the special attention given to children's amusements at L-street have had very satisfactory results. The great care which has been exercised at all the beaches to prevent accidents has again been rewarded in the absence of any fatality which could not be charged to causes that would have operated in any case.

DOVER-STREET BATH-HOUSE.

The very large attendance at this central and all-the-year-round bath-house has kept up throughout the past year. During the summer months it is found that the building is not adequate for the demand which is made upon it. Thousands of bathers undoubtedly remain away during the summer on account of the limits to the facilities of the building. In



L STREET BEACH BOYS' HOUSE. (BEACH VIEW.)



WOMEN'S HOUSE, L STREET BEACH. (BEACH VIEW.)

due time no doubt many of these persons will become accustomed to using baths connected with gymnasiums in other parts of the city.

An increasing number of boys are now cared for through the use of two large compartments, which formerly contained bath-tubs, as general shower bath-rooms. On Saturday morning a part of the men's section is curtained off, and under the supervision of attendants large numbers of boys can be bathed in a comparatively short time.

This building has been repainted in the interior during the year, and the ceiling over the waiting rooms has been covered with corrugated galvanized iron to minimize the effect of a certain amount of dampness coming through from the baths above, which it seems impossible wholly to prevent.

GYMNASIUM WORK.

A special report from Mr. Walsh, Physical Director, is appended. His work and that of the corps of instructors under him is warmly approved by the Commission. The trustees wish also to refer to the report of Dr. Woodbury, the General Medical Director, who is rendering valuable services toward securing to all who come to the gymnasiums the best long-range results in intelligent care of physical health. At a time when particular interest is being taken in the medical inspection of school children, and when new legislation for that purpose is going into effect, attention may be called to the fact that the bath department for some years has been making just such inspection of the physical condition of large numbers of children and young people throughout the city, and has been devoting intelligent and earnest care to prescribing just such forms of exercise and physical recreation as will correct the deficiencies which are discovered. During the summer the gymnasiums are put at the service of the principals of the various vacation schools throughout the city. A considerable increase in the use of the gymnasiums by children has been made possible through bringing into requisition as gymnasium suits the bathing suits which are used on the beaches during the summer.

The trustees wish to state once more their clear conviction that there should be no more small gymnasiums, that new developments should be in the way of large gymnasiums designed to provide for entire districts of the city and that as soon as possible the existing small gymnasiums should be given up. The cost of conducting a large gymnasium is

less in proportion than that of conducting a small one, and the large gymnasium has great advantages in the matter of light and ventilation, and in providing some important facilities which cannot be included in a small building.

COLUMBIA-ROAD BUILDING.

The baths and gymnasiums included in this building, while originally constructed defectively, and without the approval of the Bath Department, have yet been so administered as to give a good degree of service to a very large clientele. The demand upon the gymnasium has been so great that a second large room in the building has been taken advantage of, and two separate sets of gymnasium classes are now carried on.

CABOT-STREET BATH-HOUSE AND GYMNASIUM.

This building, which embodies the best results of the experience of the department, proves to meet admirably all the demands which its first year of service has placed upon the gymnasium and baths, and has quickly reached the standard which has been set by the older gymnasiums both in the number and interest of persons attending, and in the regularity with which the class-work is carried through. As the district in which this building is located is constantly becoming more congested it will undoubtedly take its place as one of the most useful institutions in the city. It has facilities to accommodate fifteen hundred people per day. The swimming tank, which, as the illustrations show, is in a compartment of special dignity and beauty, is being used increasingly by men and boys. The time set apart for women and girls is not yet taken up so well as could be wished.

CONVENIENCE STATIONS.

The City of Boston maintains six sanitariums for men, one cottage for men, two cottages for women, and one convenience station for men and women. These are under the supervision of the Bath Department. The sanitariums are located at

Merrimac square.

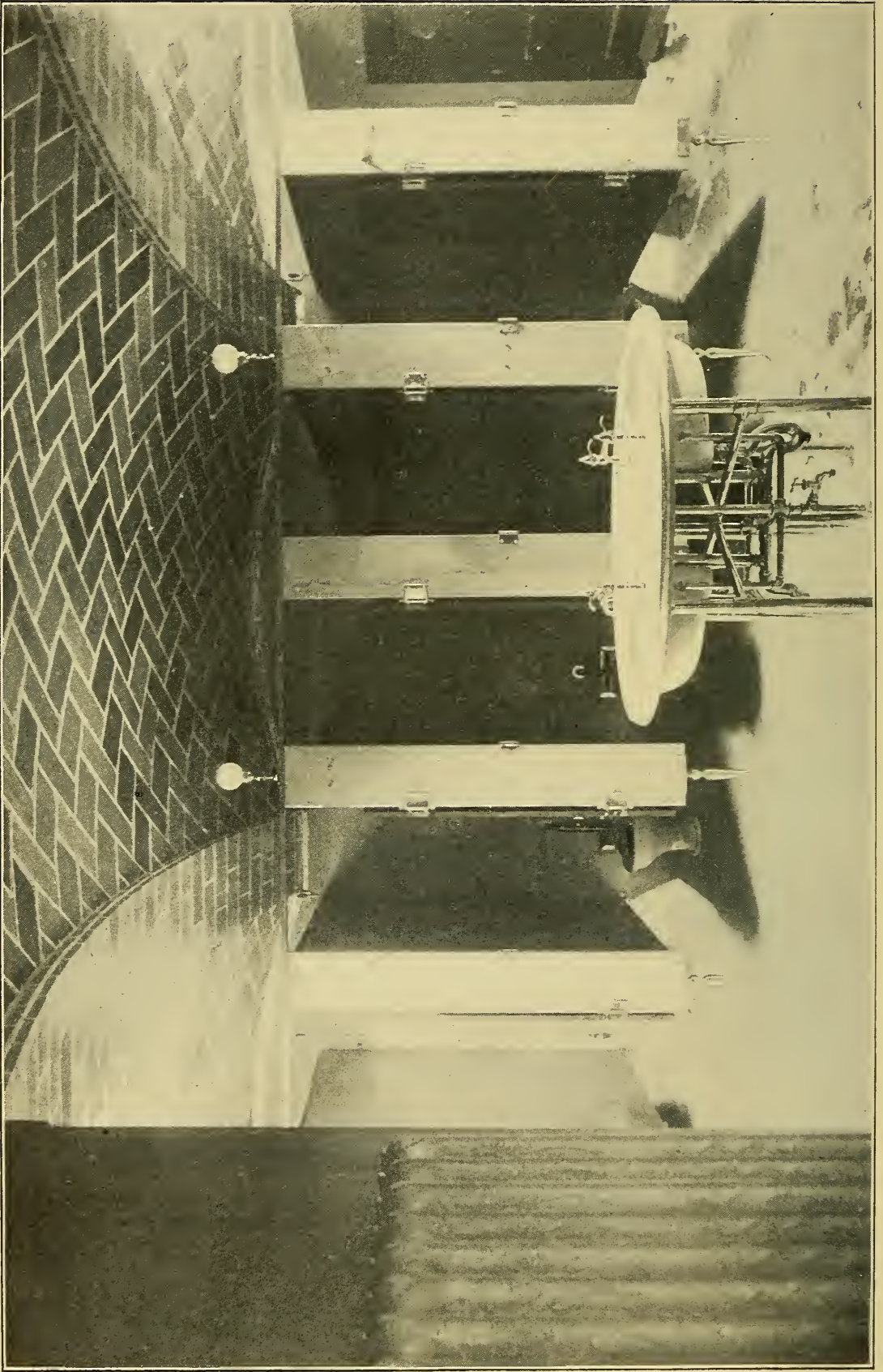
Franklin square.

Blackstone street.

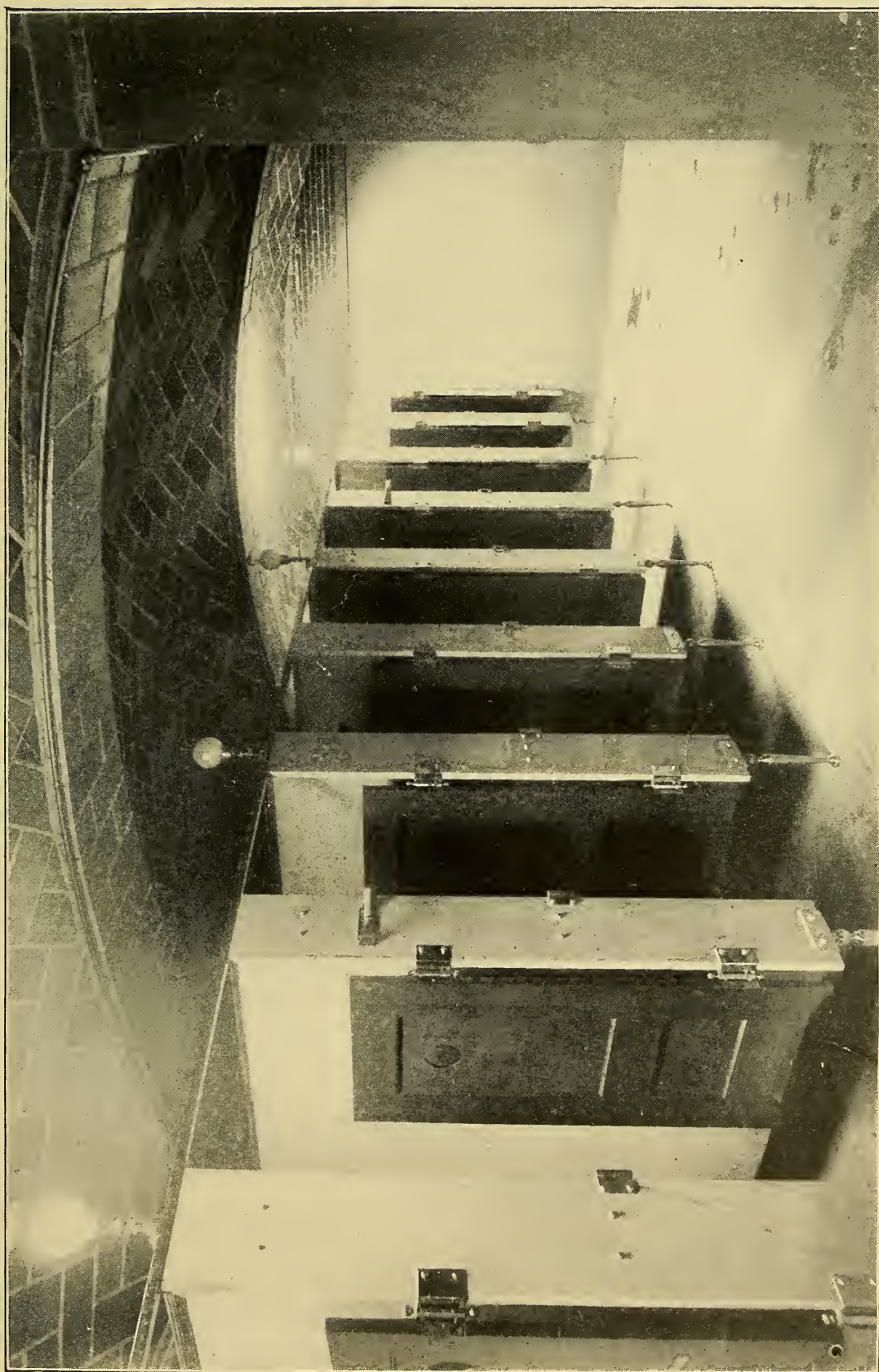
Eustis and Washington streets (corner).

Tremont and Boylston streets (northwest corner).

These sanitariums are never closed.



UNDERGROUND CONVENIENCE STATION FOR MEN, BCSTON COMMON.



UNDERGROUND CONVENIENCE STATION FOR WOMEN, BOSTON COMMON.

The cottages are located on the Common and Public Garden. On Flag Staff Hill on the Common is a cottage for men exclusively; and on both the Common and Public Garden is a cottage for women exclusively. These cottages are open from 7 A.M. to 9 P.M. every day.

The underground convenience station is located on the Common opposite the lower end of Park street. For men it is open all day and all night the year through; for women it is open from 6 A.M. to 11 P.M. every day in the year. This convenience station is modern in every respect. The floor is mosaic, the walls and partitions are white marble, and the domed ceiling is tiled. A large air shaft and an engine-driver for it secures free ventilation. Incandescent electric lamps provide the lighting. In the men's section there are nine closets, fifteen urinals, and two wash-bowls with both hot and cold running water; on the women's side are nine closets, and four wash-bowls each with hot and cold running water. A towel and soap costs one cent each. There are no pay closets. In a word, this underground convenience station is as perfectly hygienic and attractive as the best of modern sanitary plumbing and painstaking care and cleanliness can make it.

In a large city public convenience stations are important necessities; and the very large use which is made of the underground station on the Common proves beyond question the demand for this convenience. It fills a long-needed want, and similar stations should be established in three or four of the down-town squares.

Every hour the underground convenience station is used by more than five hundred persons.

LAUNDRIES.

The two laundries under the direction of the department are naturally more busily occupied as the work of the department grows. The North End laundry, which is used only during the summer, needs some additional washers and extractors.

RECOMMENDATIONS.

The trustees feel increasingly the importance of completing for the city as a whole the scheme of gymasiums and baths, so as to cover all the districts where such institutions are needed. This very desirable end may be said to be almost in sight. The following additions to the system as it now stands would complete for Boston a form of municipal

service in which Boston has taken the lead, but is now being hard pushed for supremacy by other American cities:

1. The two small gymnasiums in Wards 7 and 9 should be given up, and the old armory building on Wareham street, owned by the city, but now used by the Wire Department, should be remodelled to serve as a large gymnasium for the whole South End district.

2. A further appropriation of thirty thousand dollars, which is needed to complete the cost of the gymnasium and baths of the North End, should be made as soon as possible. A suitable lot of land for this purpose has been purchased and the plans for the building drawn, but further steps await this final appropriation.

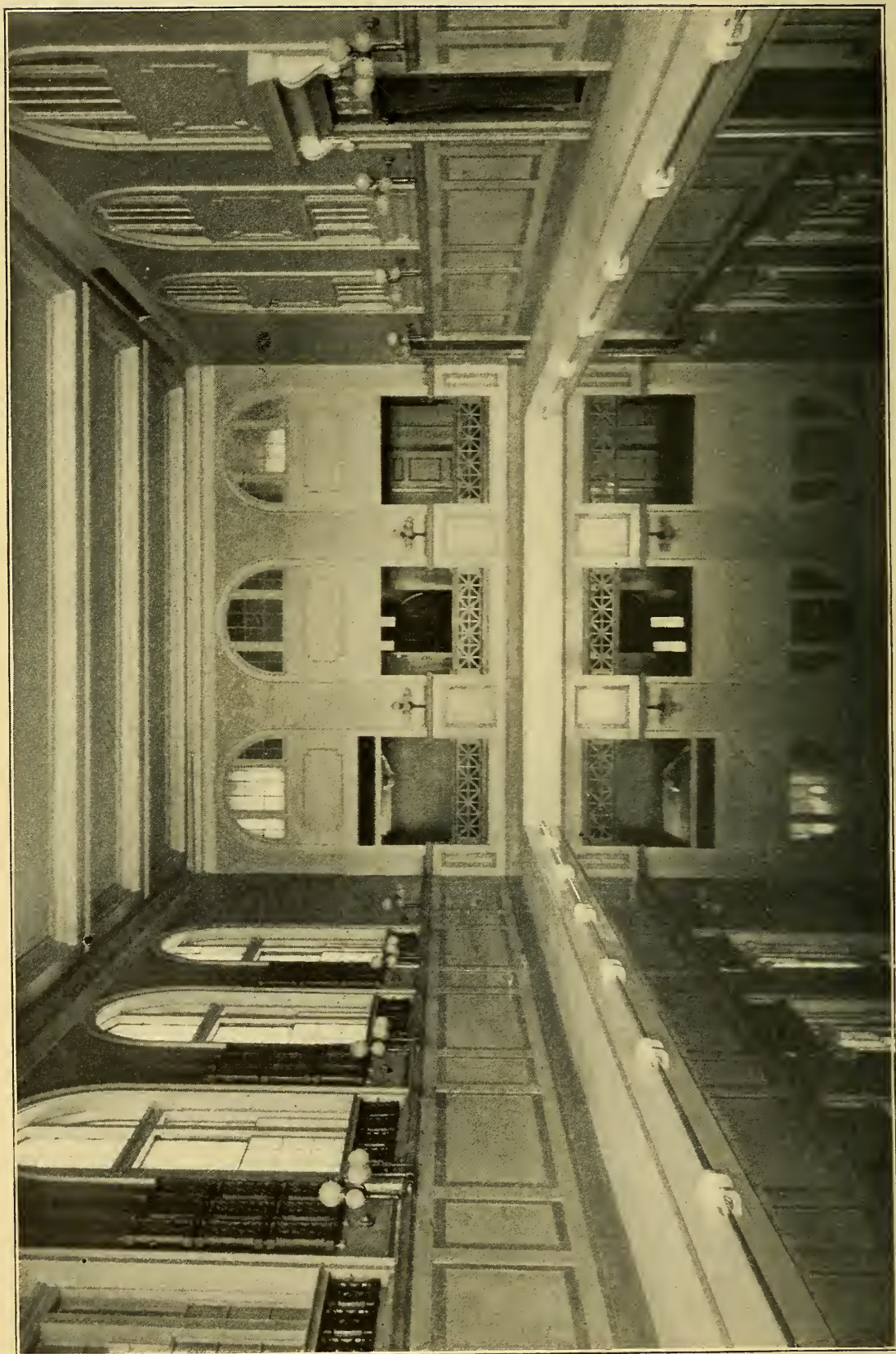
3. There should be a suitable gymnasium with baths in Charlestown.

4. The present worn-out and discreditable building used for the East Boston gymnasium should be demolished, and, on this ample lot of ground which was presented to the city for gymnasium purposes, a new substantial and adequate building should be erected. It was at this point that the gymnasium work, as carried on by the City of Boston, began. Here was initiated the first experiment of this kind in the country. An institution should be placed here which would properly embody the best experience of Boston in such work, and should signalize the great success which has come of this progressive municipal enterprise of the city in the direction of enhancing the health, productive power and general welfare of its citizens.

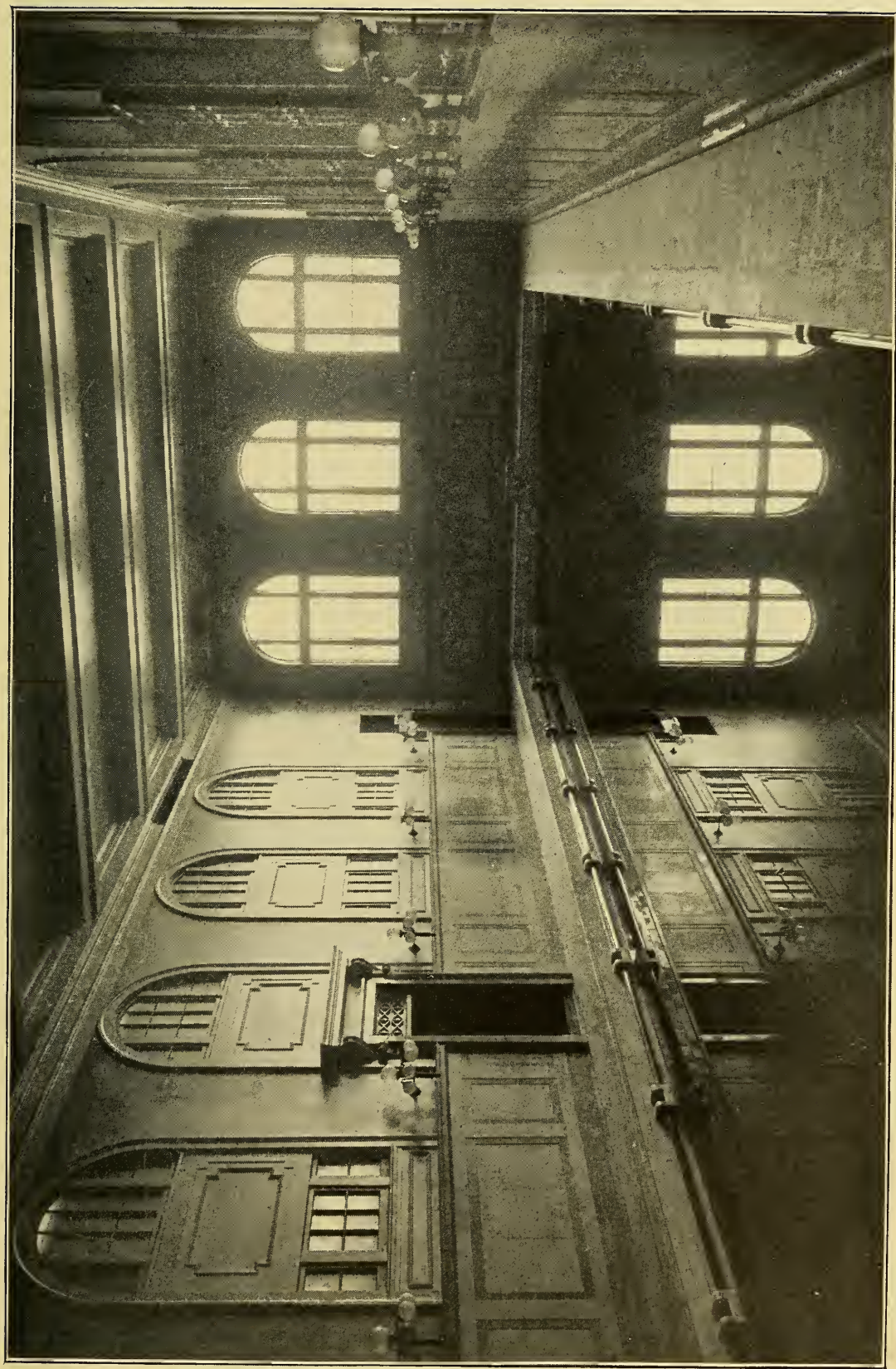
The trustees desire once more to place on record their very hearty appreciation of the earnest and capable service of Mr. Joseph P. O'Brien, General Superintendent of the department. They also credit much of the good results that have been accomplished to the personal interest which is felt in the work of the department by most of those who hold posts of responsibility under their direction.

Respectfully,

THOMAS J. LANE,
Chairman.



SWIMMING POOL, CABOT-STREET BATH-HOUSE, LOOKING TOWARD BALCONY.



SWIMMING POOL, CABOT-STREET BATH-HOUSE, FROM BALCONY.

REPORT OF PHYSICAL DIRECTOR.

To the Board of Bath Trustees :

It is my pleasure once more to have to report to you that an advance has been made in the work which you have allotted to the physical training department. We have a better understanding of the character of the demands made upon us by the public, and have a broader comprehension of the splendid advantages which the conscientious performance of our duties makes possible for the community. The more we have recognized the wide nature of the responsibilities which you have placed upon us, the more we have striven to meet them in a way that would benefit the public and gratify you.

The attendance at class work has been slightly higher than in former years. The only noticeable falling off has been at the D-street gymnasium, where the ladies' classes have been smaller than last year. This falling off has been accounted for by the great increase at Columbia road and Cabot street. Women who had formerly gone to D street found the two new institutions not only more attractive, but more accessible. At Columbia road the attendance at school girls' classes in the afternoon and women's classes in the evening became so large that it became necessary to force into use an extra room, which, although not originally designed for the purpose, served to accommodate a class almost as large as that held on the regular gymnasium floor. In this way it was possible to hold two classes simultaneously.

The great attendance at Cabot-street bath-house and gymnasium would appear to indicate that that institution is to be a signal success. Being the first one of its kind to be designed by the trustees, they must be pleased that the first year's experience in its use has demonstrated that in their plans they left nothing to be desired. The swimming pool, which is the new feature, has been well patronized by men, women and children. The sum total of bathing at this building, including pool and showers, has averaged 3,500 weekly.

There has been an increase in bathing attendance throughout the entire department during the last year. I have been pleased to note the regularity with which a large number of

working boys have continued to visit the gymnasium for baths during the summer months. Most of them acquired the bathing habit during the season of gymnastic instruction, and it appears that the habit once acquired is never lost.

The wide variety of people who come to our class instruction makes the problem of selecting suitable exercise a peculiar one. Many of the men who attend the gymnasiums labor vigorously during the day. Many others come from sedentary occupations. To merge all into one class, and to devise for them a plan of work that would be agreeable and beneficial, has been no easy task. Much that is common in physical training would be a drudgery for them. Our plan has been to present work which, while it has been hygienic and physiological, has also been recreative and wholesome.

The progress made by women in our department is worthy of particular note. Prior to the advent of our municipal gymnasia, physical training for women was unknown outside of a few schools and colleges. Working girls and women were denied the privileges which were enjoyed by men and boys. Lack of exercise, and faulty positions of the body, necessitated by their daily work, resulted in the prevalence of pale faces, flat chests, round shoulders and awkwardness of gait which was observed by medical men and physical educators. The noticeable remedy of these failings constitutes what I refer to as the progress made by women under our care.

It has become more and more clear to us that our method of caring for children in the past has been the most advisable. We have always given play and freedom precedence over restraint and drudging drills. Educators are now contemplating the project of converting school-rooms into play-rooms for children after the regular hours of study are over. They recognize the necessity of keeping tenement children out of the streets. The manner in which Boston children run from the alluring streets into our gymnasiums after school hours is evidence of the ease in which they may be held unconsciously captive under educative influence, if the play instinct is only appealed to.

The instructors have given me their hearty co-operation, and I wish to direct attention to the immense amount of work which they compass during the gymnasium season. They are zealous and conscientious, and often they impair their own health in their efforts to improve the health of others.

Respectfully submitted,

JAMES L. WALSH,
Physical Director.



SHOWING OFFICE AND STAIRS LEADING TO SHOWER BATHS AND GYMNASIUM FLOORS, CABOT-STREET BATH-HOUSE.



ANOTHER VIEW OF LOBBY AND OFFICE, CABOT-STREET BATH-HOUSE.

REPORT OF MEDICAL DIRECTOR.

To the Bath Trustees of the City of Boston :

The municipal gymnasiums continue to give good report of themselves. Not in any previous year has such uniformly good work been done by the medical examiners as during the past year. In all the gymnasiums regular office hours have been kept, and the work has been done carefully and conscientiously.

The largest number of gymnasium members examined in one year was examined the past year, and the records made by the medical examiners have been handed to the Medical Director, in whose custody all the records are kept.

These records are very satisfactory; they were accurate and full, and they are a valuable aid to the Medical Director. Not only in showing what the medical staff has done for the gymnasiums and their patrons is this collection of record cards valuable; it is also of value in helping those who use the gymnasiums to get greater benefit for the time he or she gives to the work and play. Every patron of the municipal gymnasiums ought to make use of the opportunity to meet the medical examiner and get a right start, for so much depends upon the manner in which gymnasium exercise is begun, particularly with a growing boy or girl or a hard-working young woman. A right knowledge of one's physical needs and the best way to meet these needs saves time and energy. Enthusiasm as well is often wasted for want of that knowledge, and the benefit which is anticipated and needed does not come.

It is not easy to define in precise terms all that has been accomplished since the East Boston gymnasium (which was the first municipal gymnasium in Boston and in this country) was established eight years ago. Large and humane results have been attained.

The municipal gymnasiums and baths have done much to emphasize the great and growing importance of constructive work in public hygiene, and to provide healthful exercise and play for children and young people in the crowded sections of the city. The strong, steady, wisely considered development of the public baths and gymnasiums, the working out of a form of enlightened municipal service which

holds immeasurable benefits for the mass of coming citizens of Boston, is a record of achievement of which the city and the trustees may well be proud.

Our public baths and gymnasiums have marked an advance in the broad movement of promoting physical and moral welfare not only in Boston, but throughout the country. The example which Boston has set in the matter of providing health-giving and health-keeping facilities is now being followed at a strikingly rapid rate in all the larger cities of the United States.

The invitation extended by the Bath Trustees to the American Medical Association during the meetings in Boston in June to visit the public city baths and gymnasiums was generously accepted, and an official and hearty acknowledgment of the invitation came from the association.

The gymnasiums have the confidence and support of the community — the people thoroughly and unanimously believe in them — and to deserve and keep their confidence the physical and recreative needs of the community are to be studied as closely as in the past, and in so far as it is possible those needs will be met. To help attain the highest general well-being of the community is the aim.

Often there is but a narrow margin between success and failure in life, and no one can afford to waste the smallest part of health or energy. Right and regular living always makes for success; and as an effectively helpful aid for success these rules for hygienic righteousness are recommended to the gymnasium members:

MUNICIPAL GYMNASIUMS, CITY OF BOSTON.

After exercising take a graded shower or sponge bath. Begin with warm water and gradually make it cooler until a comfortable shock is felt. Rub the body perfectly dry with a rough towel. In *winter* special care should be taken to dry the hair thoroughly before leaving the gymnasium.

A warm bath should be taken at least once a week. The safest time for taking it is just before retiring.

Avoid sleeping in clothing that is worn through the day.

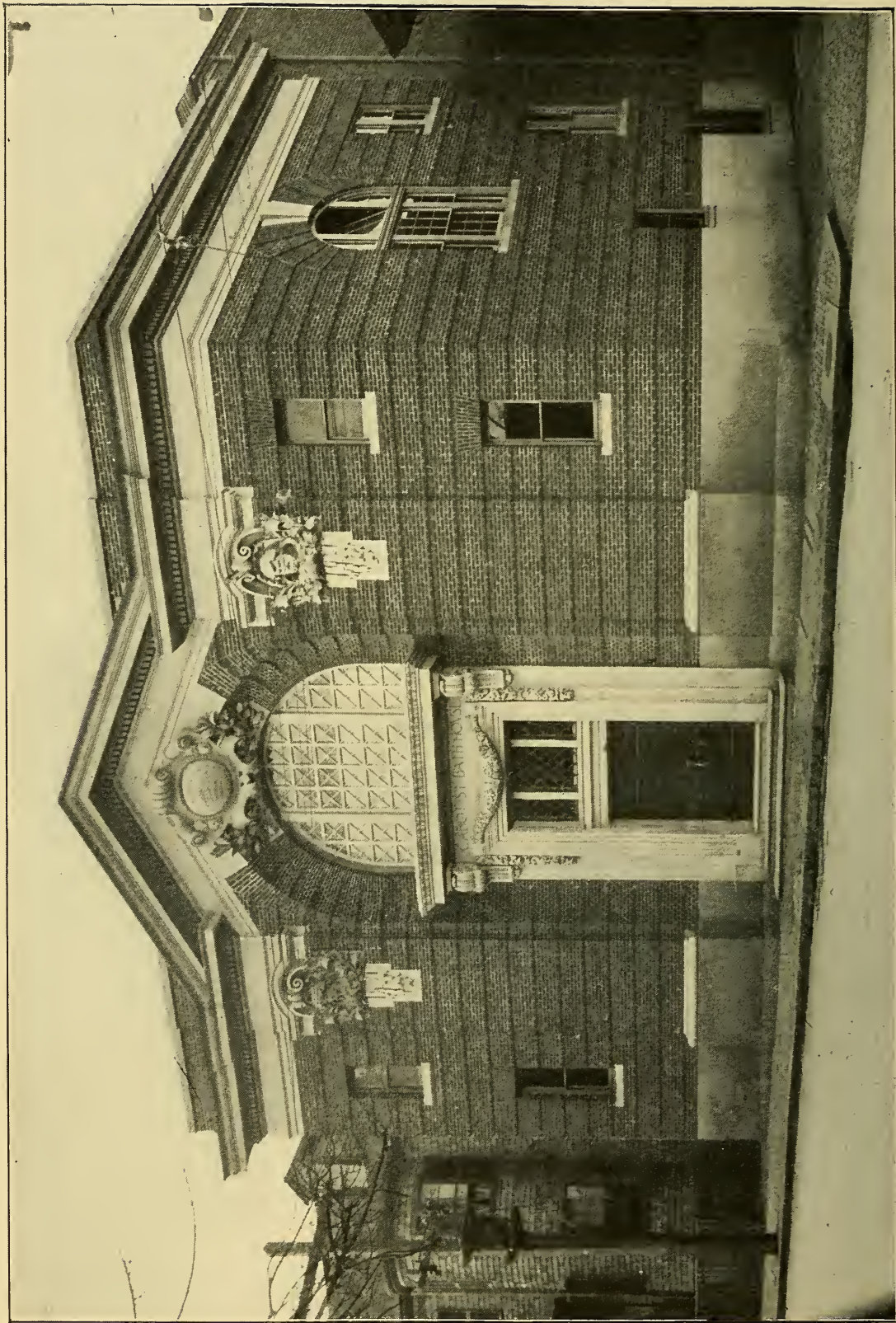
Eat slowly, and chew the food thoroughly.

Constipation is an evil and a breeder of evil. Have the bowels move at a stated time *every* day.

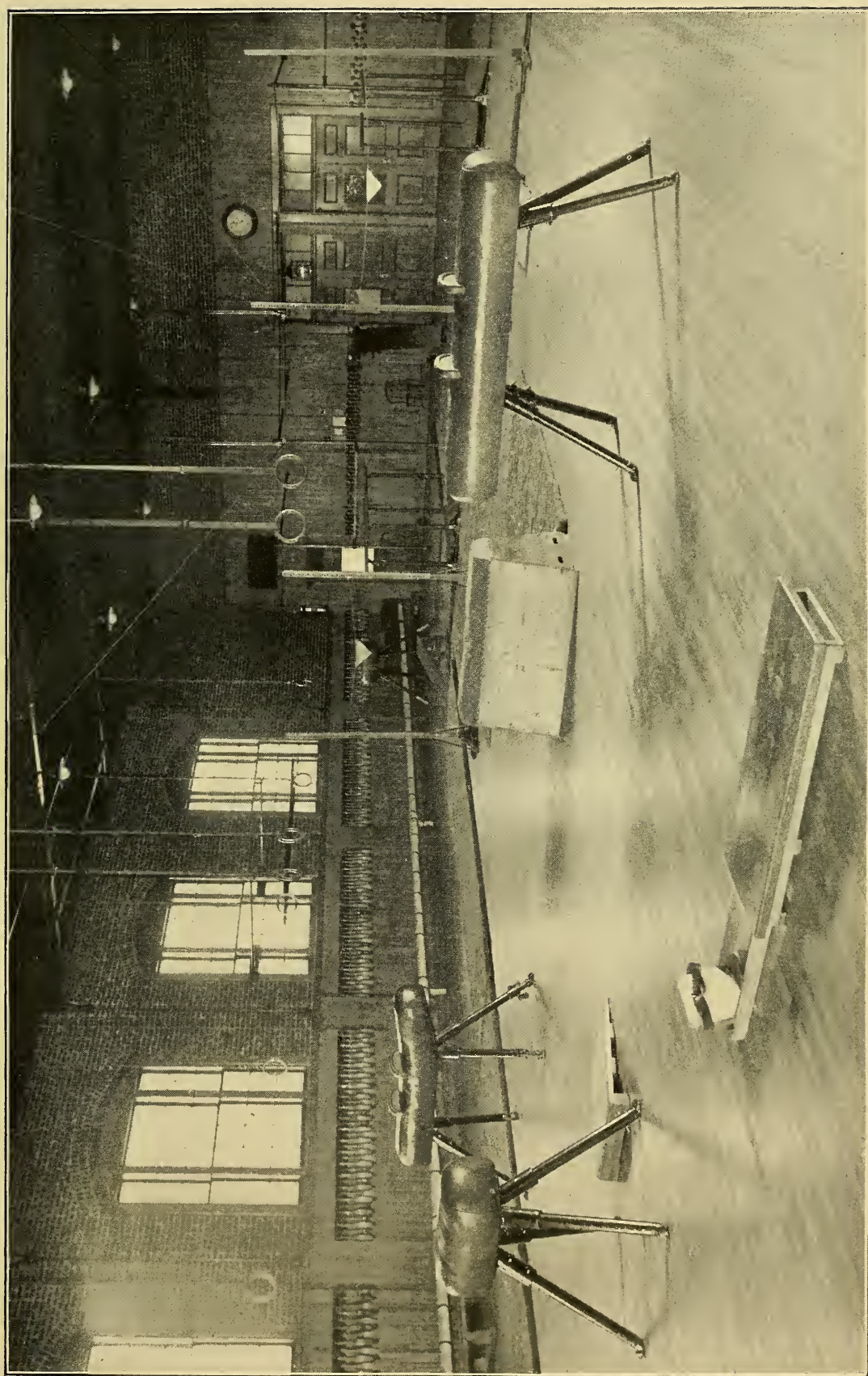
Drink plenty of water.

Endeavor to have clean, fresh air in living-room, sleeping-room, store, office, work-shop and factory — wherever you are.

The children are instructed how to stand and sit properly so as to grow up symmetrical. Those who are not symmet-



EXTERIOR VIEW, CABOT-STREET BATH-HOUSE.



GYMNASIUM, CABOT-STREET BATH-HOUSE.

rically developed are encouraged and helped to correct their deformity. And the recreative side of the class-work for the boys and girls is not neglected; they are given a right good time every time they come to the gymnasiums.

To the young women the gymnasiums offer recreation and health. There is no class in the community which needs the opportunity to play more than the young working-woman. And the æsthetic side of her nature is satisfied with dancing and fancy-step classes. She, too, is certain of a genuine good time every time she comes to the gymnasiums, because she always finds something which interests her; and best of all she is giving herself a larger margin of health and strength.

To the adult patrons of the gymnasiums (and there are many) the class-work is made attractive and interesting, and always beneficial—it appeals to their common sense. An immense variety of work is given, and every lesson is enjoyable and health-giving. Great care is taken to offer the right kind of gymnasium work, and to make it interesting and healthful; and these qualities have made it popular. The average “daily” attendance at the gymnasiums the past year went beyond the fourteen hundred mark.

During the year under review the number of men who availed themselves of the privileges of the public gymnasiums for qualifying themselves for the civil service examination for the municipal police and fire departments far outnumbered any previous year. This is one of the ways in which municipal gymnasiums render the city a distinct and useful service—it is one of the many ways in which this form of enlightened municipal service benefits the community.

Such satisfactory results have been secured, and so much encouragement has been given the Medical Director by the trustees, the employees of the Bath Department, and the community, that the coming year is to be marked by a substantial broadening in the character and quality of the work done by the medical staff. The medical examiners are to give the community a more helpful service than ever before.

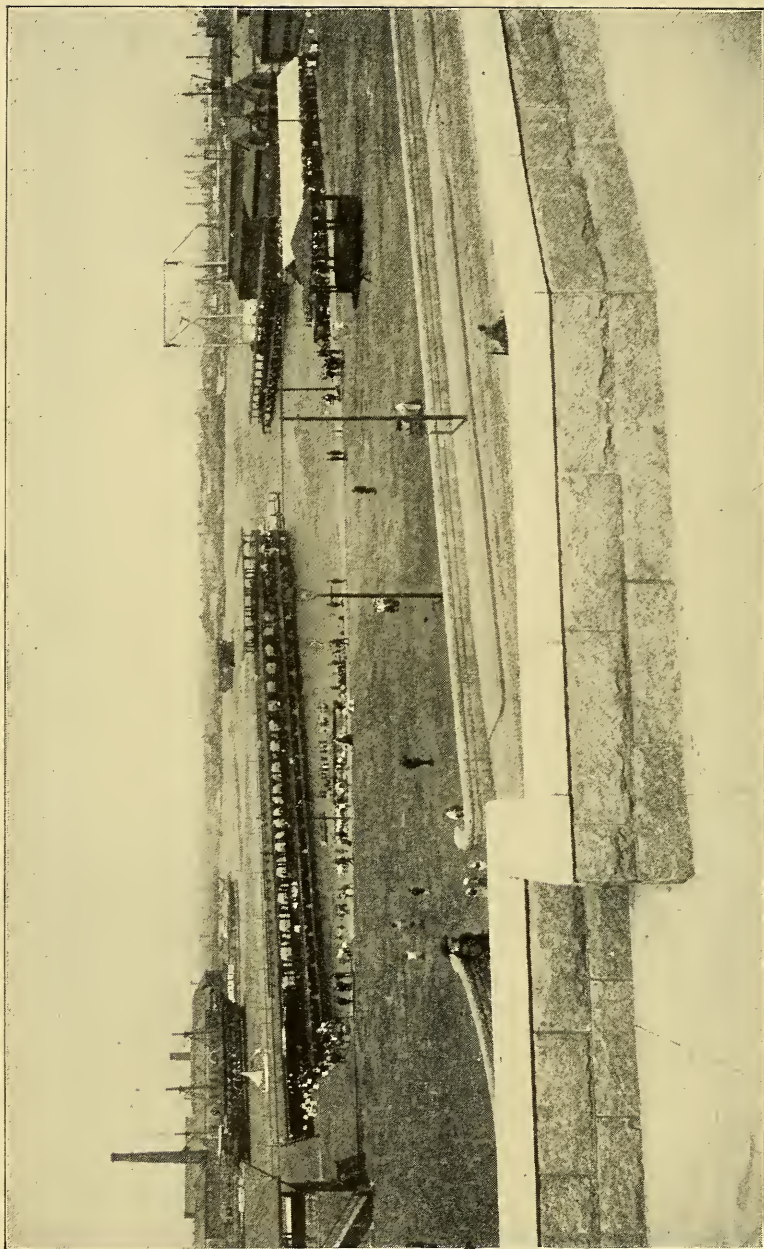
WILLIAM R. WOODBURY,
General Medical Director.

FINANCIAL STATEMENT.

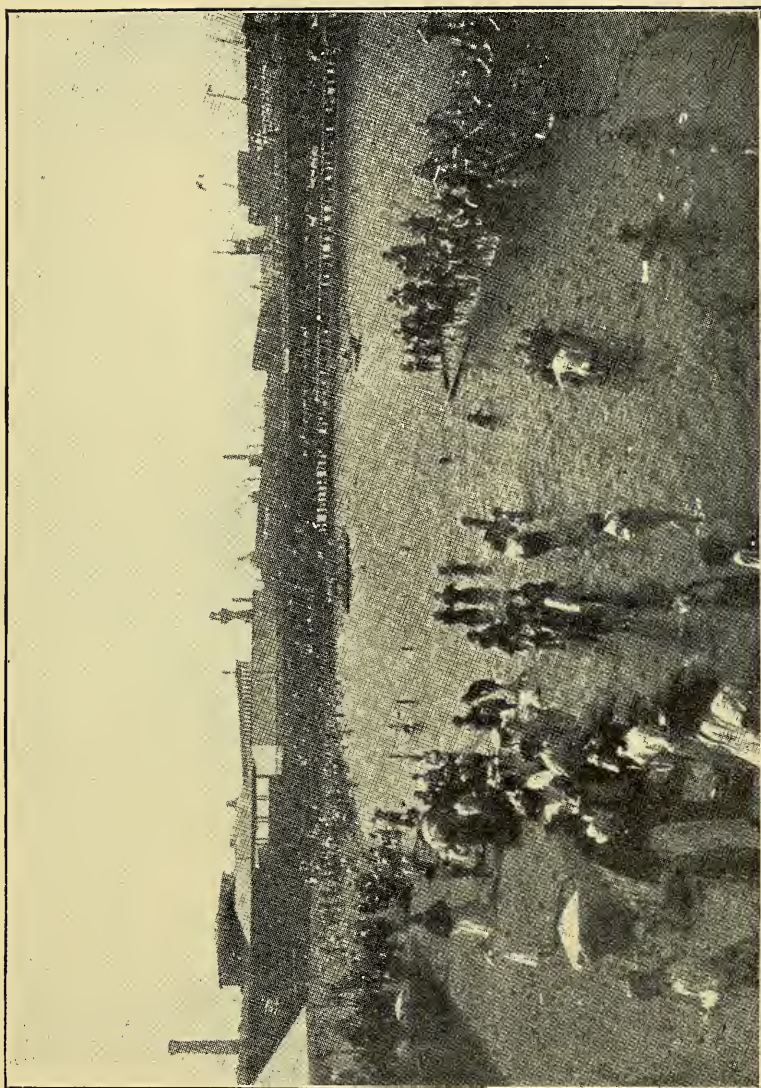
The appropriation for the department for 1905-06 was \$170,000; revenue received, \$11,030.50 — making a total of \$181,030.50. The total expenditures for the year were \$180,265.65, leaving a balance with the Auditor of \$764.85.

The following is an itemized table of its expenditures, taken from the Auditor's report:

General expenses :			
Salaries to January 25, 1906, inclusive :			
Joseph P. O'Brien, Superintendent,	\$2,193	88	
Employees	832	00	
			\$3,025 88
Travelling expenses	\$644	00	
Horse-keeping	518	58	
Printing	407	53	
Telephone service	321	95	
Stationery	203	16	
Furniture and office expenses	41	80	
			2,137 02
Bath-houses and beaches :			
Employees	\$81,506	65	
Repairs and improvements	10,182	67	
Heating Dover-street bath-house	6,636	18	
Furnishings and small supplies	6,240	12	
Bathing suits	4,530	39	
Cartage	2,061	85	
Electric lighting	1,886	68	
Rents	1,600	00	
Fuel	669	80	
Use of tow-boats	620	00	
Ice	293	60	
Medical supplies, ...	84	85	
			116,312 79
Urinals :			
Employees	\$12,147	54	
Repairs	946	82	
Furniture and small supplies	615	04	
Electric lighting	243	80	
Fuel	200	13	
Travelling expenses	55	00	
<i>Carried forward</i>	\$14,208	33	\$121,475 69



NORTH END BEACH.



NORTH END BEACH.

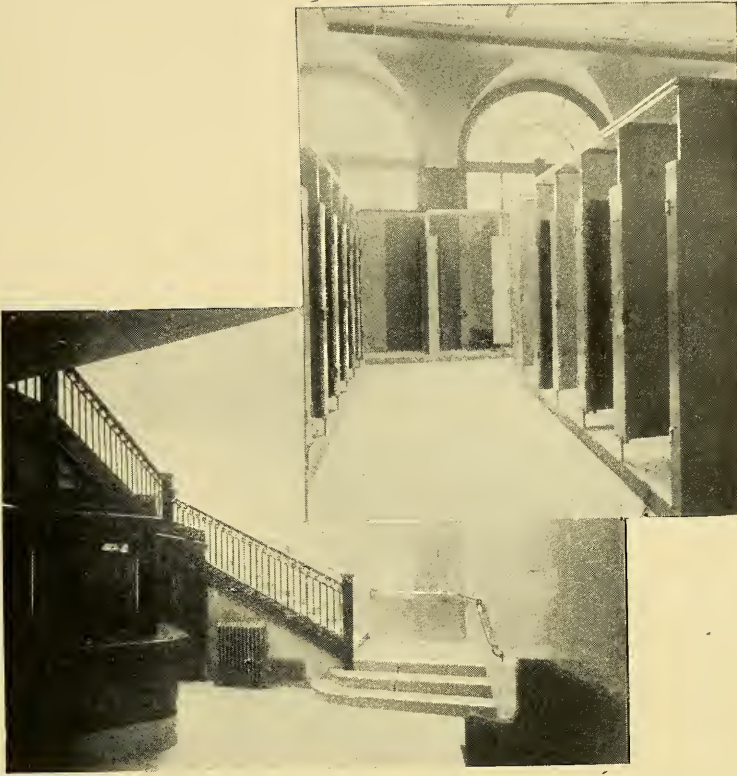
BATH DEPARTMENT.

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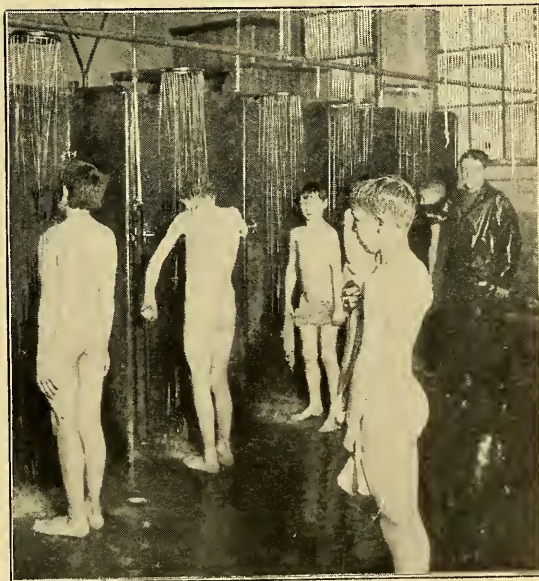
<i>Brought forward</i>	.	.	.	.	\$14,208 33	\$121,475 69
Gas	.	.	.	.	32 45	
Water	.	.	.	.	19 60	
						14,260 38
Gymnasias :						
Employees	.	.	.	.	\$30,351 54	
Repairs	.	.	.	.	4,299 94	
Furnishings and small supplies	.	.	.	.	2,686 54	
Fuel	.	.	.	.	2,532 24	
Electric lighting	.	.	.	.	1,625 46	
Medical services and supplies	.	.	.	.	1,558 45	
Gas	.	.	.	.	941 54	
Rent	.	.	.	.	500 00	
Ice	.	.	.	.	28 87	
Cartage	.	.	.	.	5 00	
						44,529 58
Total expenditures	.	.	.	.	.	<u>\$180,265 65</u>



DOVER STREET BATH.



INTERIOR OF DOVER STREET BATH.



SHOWER BATHS AT THE EAST BOSTON GYMNASIUM.

THE PUBLIC CITY BATHS AND GYMNASIUMS ARE
LOCATED AS FOLLOWS:

All-the-year-round Baths.

Dover-street bath-house, 249 Dover street, city proper.

Cabot street baths, swimming pool and gymnasium,
corner Cabot and Whittier streets, Roxbury.

Ward 16 gymnasium, baths and swimming pool, Municipal
building, corner Columbia road and Bird street, Dorchester.

D-street gymnasium, D street, South Boston.

East Boston gymnasium, 116 Paris street, East Boston.

Ward 7 gymnasium, 75 Tyler street, city proper.

Ward 9 gymnasium, corner Harrison avenue and Plympton
street, city proper.

Beach Baths — Summer Bathing.

L and K streets, South Boston.

North End park, Commercial street, city proper.

Wood Island park, East Boston.

Dewey beach, Medford street, Charlestown.

Commercial point, Freeport street, Dorchester.

Swimming Pools — Summer Bathing.

Spring street (river bath), West Roxbury.

Orchard park swimming pool, Orchard park, Roxbury.

Floating Bath-houses — Summer Bathing.

West Boston bridge, city proper.

West Boston bridge No. 2, city proper.

Dover-street bridge, city proper.

Warren bridge, Charlestown.

Border street, East Boston.

Jeffries point, East Boston.

Brighton bridge, Brighton.

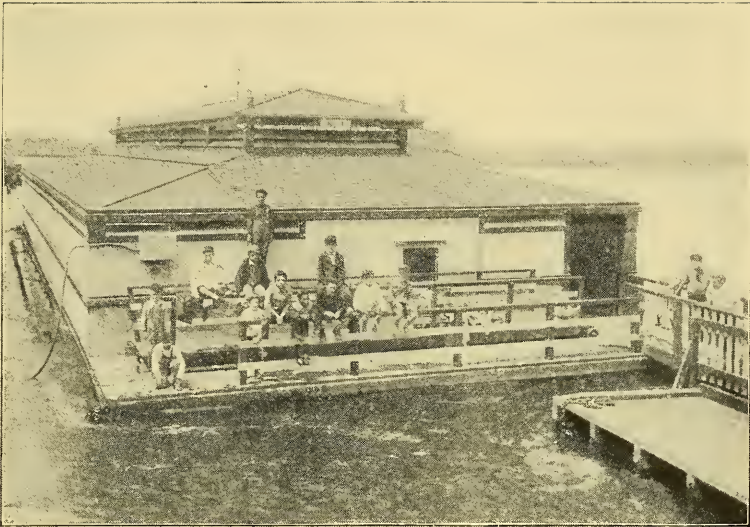
BATH DEPARTMENT.

TRUSTEES.

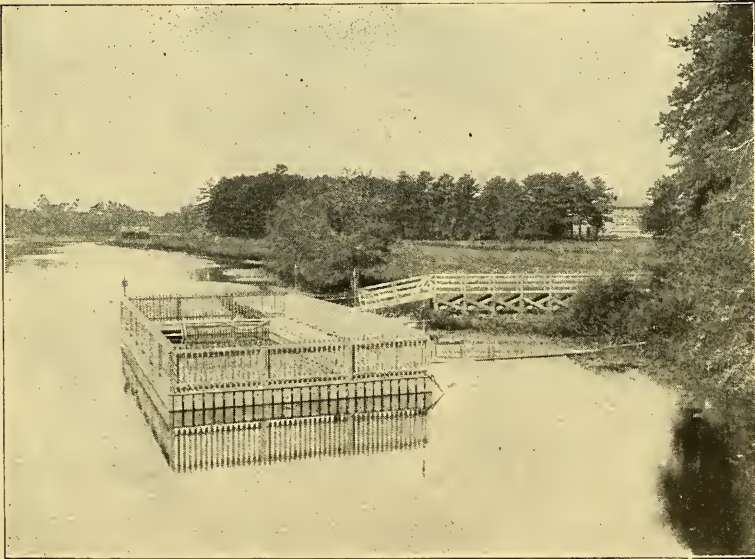
THOMAS J. LANE	Term ending 1909
JAMES M. PORTER	“ “ 1911
MRS. LAWRENCE J. LOGAN	“ “ 1907
JOHN J O'HARE	“ “ 1907
LEONARD D. AHL	“ “ 1908
MRS. JACOB H. HECHT	“ “ 1910
HENRY EHRLICH, M.D.	“ “ 1910

THOMAS J. LANE,
Chairman.

JOSEPH P. O'BRIEN,
General Superintendent.



A FLOATING BATH, WEST BOSTON BRIDGE.



A RIVER BATH. (PARENTAL SCHOOL IN THE BACKGROUND.)

